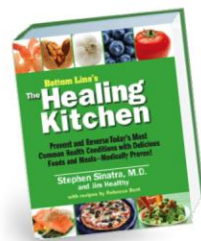


The Healing Kitchen

A Recipe from



DR. SINATRA'S

CAULIFLOWER SOUP

This recipe is perfect for just about any vegetable, and may be seasoned with your favorite herbs. Fresh herbs are the best, but dried may be used.

- 1 [cauliflower](#) head, core removed and chopped
- 1 low-sodium organic vegetable bouillon cube, or 6 cups low-sodium vegetable stock
- ½ teaspoon finely chopped herbs, such as parsley, thyme, oregano and basil
- 4 heaping tablespoons shredded part-skim mozzarella cheese

Place the cauliflower in a large pot with 6 cups water (or 6 cups vegetable stock, if using instead of bouillon) and bring to a boil. Reduce the heat to medium and cook for 6 minutes, or until the cauliflower is tender. Add the bouillon cube and herbs. Using an immersion blender, puree the soup. This may also be transferred to a standing blender and pureed. Remove from the heat. Stir in the mozzarella cheese and serve warm. Serves 4.